



2008 - 2009

THORNLIE WESTERN AUSTRALIA

PO Box 84, THORNLIE WA 6988

Meeting: 6.00 pm for 6.30 pm Tuesday at the Gosnells Golf Club, Warton Road Thornlie –

Apologies: **Mike Raspa** (M) 0412 426 418 by 10.00AM Monday

Pres. Ron Bradborn (M) 040 021 0891 (H) 9459 3813

Pres Elect. Mike Raspa (M) 0412 426 418 (H) 9452 0158

Secretary. Doug Parker (W) 9486 2122 (M) 0419909179

28th Oct 2008

<http://www.thornlie-rotary.com>

Next Week		Week After
4 th NOV 08	Note – next Tuesday is Melbourne Cup and the Gosnells Golf Club holds an evening function.	11 th Nov 08
<p>MEETING CANCELLED</p> <p>Bring-N-Buy 2nd Nov 08 Wayne & Chris Brouwer Ross & Margaret Evans Chris Ralph</p> <p>Bulletin Editor <i>Colin Ralph</i></p>	<p>As the premises are unavailable the meeting has been cancelled.</p> <p>Our next meeting is Tuesday, 11th November 2008.</p> <hr/> <p>Sergeant John opened another wonderful meeting of the Rotary Club of Thornlie and showed his sunny disposition by welcoming Chris Brouwer, Lois Smith and Yvonne Bradock to the meeting.</p> <p>Chairman Ted introduced our guest speaker Harsha Chandraratna. As Harsha was going to speak on obesity, we were all glad that the starter was a lovely clear soup – not much harm in that!</p> <p>To thunderous applause (or was it just thunder from the cloudburst) President Ron addressed the meeting. He showed his knowledge of the interests of the members by congratulating Colin Ralph on Spurs first win in the English Premier League; don't get too excited, they're still on the bottom.</p> <p>The Thornlie Christmas party will be held on a Saturday this year – the 6th December from 3pm – 7pm. Once again Maria has been kind enough to open her house to the mob.</p>	<p>Attendance Chris Ralph Mike Raspa</p> <p>Property and Fellowship Vin Rogers Ron Sloan</p> <p>Chairman Ray Smith</p> <p>Vote of Thanks Colin Waters</p> <p>REPORTS Nil</p> <p>Bring-N-Buy 9th Nov 08 Andy Hopper Doug & Anet Parker John Stockbridge</p> <p>Bulletin Editor <i>Colin Ralph</i></p>
11 th November meeting program	<p>John Stockbridge “Face Book” - What is it?</p>	

More details later but the prezzies (\$ limit to be advised) are definitely in.

The Rotary Club of Maddington is organising a film night on Monday 15th December 2008 to see "Australia". All interested should contact PE Mike (Louise and I will be going) on or before the next meeting – November 11th.

Our president expressed disappointment that he has received only three emails as feedback on ideas for the next speaker night.

Lloyd Dungey has returned from playing cricket with Rotarians at the Bundaberg Cricket Festival and urges us all to join one of the many Fellowships of Rotary that combine sports with Rotary. He believes that participation in national and international events unites us with people who are genuinely interested in you and your well being.

PE Ron Bradock invited the club to be part of the training session that the Fremantle Surf Life Saving Club is holding between 9.00am and 10.00am on Sunday, November 2nd at the Leighton Beach clubhouse. They will be showcasing the defibulator that our club has provided them and hope to have the local press there as well. It is a photo opportunity and Ron reminded all attending to wear their dress blue Thornlie polo shirt. After the session Club members are then invited to move off as a group to morning tea or brunch to be arranged.

After much coxing **PE Doug** announced his tip for the Melbourne Cup: Princess Coup.

Bowing to the power of the press Sergeant John asked PE Mike to present club duties for next week and giggled at his own humour: no meeting next week. He then lurched into fines:

- × All the skinny people
- × Chris Ralph; Sarge was trying to be nice but she just slung it back in his face
- × Colin Waters; the quote he received to renovate his bathroom was \$2000 short of what he paid for his house and land
- × Ron Sloan; for selling Colin his home so cheap
- × Vic Rich; he and Cheryl have elected to ignore daylight saving so make sure that they turn up at 2pm for the Christmas Party
- × Vic Rich; prior to going away camping for 2 weeks, Vic used Goggle Earth to look at the Blackwood River to plan the canoe trip for two people and a dog: Goggle Earth didn't show the 5 rapids that are part of the Blackwood Rapids Classic

Box buys:

- × Christine fined her Colin because he told her that Ron Bradock lived in Ironbark; off she pedalled. Chris now knows what the rest of us know that Ron lives in Ironwood.
- × Lois Smith drew our attention to the topic of the night and said that if Ray was the before then she must be the after

Chairman Ted more formerly introduced the guest speaker. Harsha hails from Sri Lanka and came to WA via Tasmania which just goes to show his exceptional intelligence. Here he joined UWA and practices as an Obesity and Cancer surgeon. He joined the Smith family as a son-in-law.

Harsha spoke on: Obesity – What's the big deal?

Being overweight is the epidemic we had to have!

During the 40's and 50's we used to eat food high in fat and our parents made us finish everything on our plate – the problem starts. You should stop eating when you start to feel full. The 60's came along with more processed food on offer with added sugar and preservatives and

we were still told to eat all on our plate – the problem continues.

In the 70's it was bigger is better so super size me!

The 80's saw everyone in a rush, stressed, more TV programs to watch, not eating at meal times and people stopped exercising.

The 90's – Obesity begins

It's now the 21st Century and obesity is in plague proportions. Children don't know what normal is and people of low weight are said to be sickly.

Harsha then spoke about Body Mass Index (BMI) and asked that we take our normal height in centre metres and divide it by our weight in Kilos; this will give our BMI. Anything less than 25 is considered good; 25 – 30 is borderline and over 30 is obese. Australia leads the world in obesity with 59% of our population presenting as obese.

Anymore than an intake of 2000 calories a day will lead to weight gain. The heavier you are; say you carry 40% more weight than you should, then you have a 50% chance of an earlier mortality. The corollary of that is that the less you weigh then the better chance you have of living longer.

Harsha's message to us all is:

- × Eat well – not badly
- × Exercise regularly
- × Watch your portion size (third of plate each for meat, vegetables and salad)
- × Eat less processed food

Question time showed that we were attentive to the message to want to know more. The vote of thanks was given by Phil "Slim" Hinwood.

As October is Vocational Month; Vocational Mike is asking for ideas for site visits, please keep your eyes open when driving around and report back any possibilities.

RI general secretary has assured Rotarians that along with Rotary's senior leaders, the Financial Services staff and Rotary's investment consultant he is monitoring the impact of the US financial crisis very closely. He is confident that our investment and reserve policies will allow the good work of Rotary to continue around the world.

District Governor Nominee Announced

The District Governor Nominating committee is pleased to announce the appointment of Jodie Sparks from the Rotary Club of Ascot as the District Governor of District 9470 for the year 2010-2011.

Speaker Program for November

- November 4 - Meeting cancelled
- November 11 - John Stockbridge: "Face Book" What is it?
- November 18 - Sonia Abbott: Kaboodle Getaway
Partners Night - 6.30pm for 7.00pm
- November 25 - Graeme & Helen Hyland: Aussie Olives are the best!